

✧ RESEARCH PAPER ✧

# *Varicose veins of the legs among nurses: Occupational and demographic characteristics*

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*Accepted for publication June 2013*

Sharif Nia H, Chan YH, Haghdoost AA, Soleimani MA, Beheshti Z, Bahrami N. *International Journal of Nursing Practice* 2015; 21: 313–320

## **Varicose veins of the legs among nurses—Occupational and demographic characteristics**

This study aims to determine the relationship between occupational and demographic hazards that characterize varicose veins (VV) in the legs and their intensity among nurses. A cross-sectional study was carried out among 203 nurses from three general hospitals in Amol, Iran. The required subjects' information was collected through a self-filled questionnaire and the physical examination of the VV intensity was based on the Clinical finding using the Etiology, Anatomic finding, Pathophysiological standards. The prevalence of VV, with different degrees, was 72.4% (95% CI 65.7–78.4), with women having a higher prevalence compared with men (77.9% vs. 56.9%,  $P = 0.004$ ). The other non-interventional risk variable was having longer years of service. Interventional variables were long-standing hours, overtime work and body mass index status. This study had determined the occupational risk variables on VV which could be interventional in improving the working nurses' environment and quality of life for their long-term career.

**Key words:** demographic factors, Iran, nursing, occupational factors, varicose veins.